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ABSTRACT

In recognition of the fact that food is an important step in the educational process and in order to generate new child nutrition programs in communities across the nation (especially in rural communities with significant numbers of migrant farmworkers' children), basic information is presented about four federally funded child nutrition programs. Details offered on the National School Lunch Program, National School Breakfast Program, Summer Food Service Program, and Child Care Food Program include rules for participation, required foods, rates of reimbursement, non-food aid, federal commodities, and sponsorship. Ideas are discussed for developing a child nutrition program in any community (form a committee, visit the school superintendent, build a coalition, use the media, offer resolutions at various community meetings, speak individually to school board members, and make a strong presentation to the school board). One chapter is devoted to the special needs of the 680,000 migrant children attending public schools in the United States. It is noted that full implementation of the child nutrition programs would free those Title I Migrant Education funds now sometimes used for food and would assure better nourishment and a better education for migrant children. Order forms are appended for information packets, slide shows, and posters. (AN)

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EVERY CHILD'S RIGHT TO FOOD

A HANDBOOK ON FEDERALLY-FUNDED CHILD NUTRITION PROGRAMS

1978

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THE CHILDREN'S RIGHTS GROUP
693 MISSION STREET
SAN FRANCISCO, CALIFORNIA 94105

CALL TOLL FREE

FROM CALIFORNIA: 800-652-1408
OTHER STATES: 800-227-3192

THE CHILDREN'S RIGHTS GROUP

The Children's Rights Group (CRG) is a non-profit child advocacy organization working to expand and improve available resources and services for children, particularly in the area of child nutrition. Focusing on the western and southwestern areas of the United States, CRG offers information and training, technical and legal assistance, and aid in organizing communities to provide for the needs of children.

This booklet is part of a training and technical assistance project designed to expand participation in federally funded child nutrition programs. The Community Services Administration/ Community Food and Nutrition Program (CFNP) is supporting this effort in hopes of generating new child nutrition programs in all communities served by CFNP, and particularly in rural communities with significant numbers of migrant farmworker children who have in the past been denied access to federal food programs.

Our purpose here is to provide basic program information about the available child nutrition programs and to stimulate an active interest and commitment to bringing these programs into your community.

Ongoing technical assistance, including written resources and help in problem-solving, is available through the Children's Rights Group's hot-line telephone, 9 a.m. - 6 p.m. Pacific Standard Time.

From California: 800-652-1408

From all other mainland states: 800-227-3192

It is our hope that every reader of this handbook will become directly involved in the challenge of feeding hungry children.

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FOUNDATION FOR LEARNING

"I doubt that anyone would take exception with the statement that malnutrition in the early years of a child's life can be a permanently retarding factor. Poor diet not only lowers a child's resistance to disease, it can adversely affect his eyesight, bone structure, and retard the development of his mind as well. When a child has an empty stomach he is not likely to be able to concentrate at all, and his education will be thwarted accordingly." Sen. Joseph Tydings, 1968

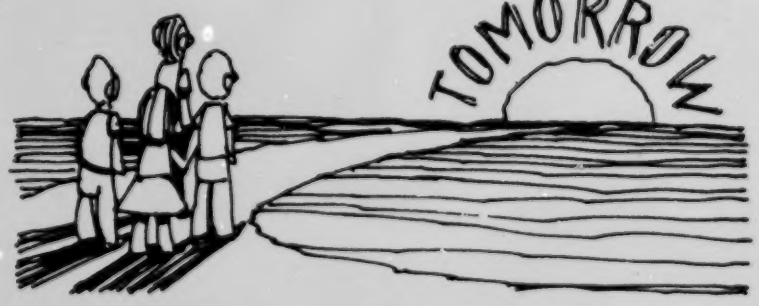
THE PROGRAMS

- THE NATIONAL SCHOOL LUNCH PROGRAM
- THE NATIONAL SCHOOL BREAKFAST PROGRAM
- THE SUMMER FOOD SERVICE PROGRAM
- THE CHILD CARE FOOD PROGRAM

Since 1946 when the School Lunch Act was passed, it has been recognized by Congress that good nutrition is crucial not only to a child's health but to his education as well. Now, by federal law, no child in America needs to go hungry. Every child has the right to nutritious meals at little or no cost provided through the National School Lunch and Breakfast Programs, the Summer Food Program and the Child Care Food Program.

As stated by law, these programs have been established as a "matter of national security to safeguard the health and well-being of the nation's children." (National School Lunch Act, 1946)

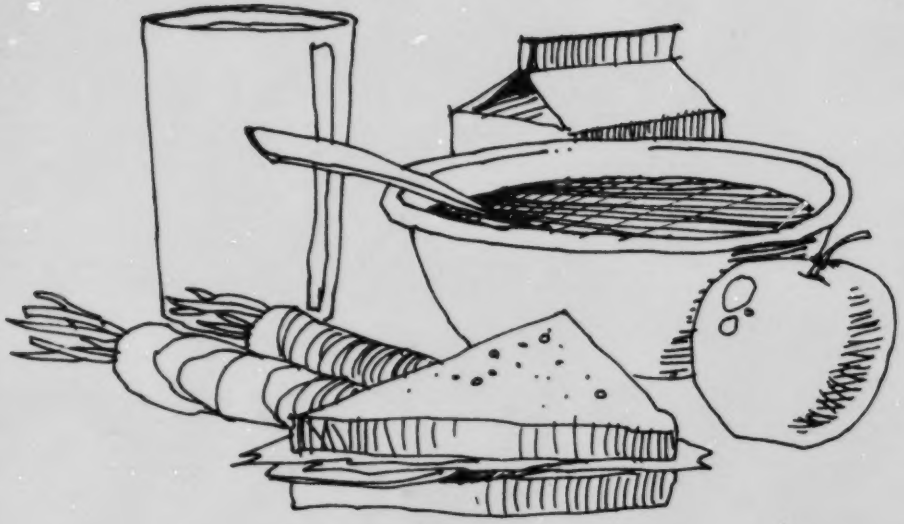
These federally funded child nutrition programs are a "matter of national security" because their purpose is to protect and foster the growth and development of the nation's children. If fully implemented, these programs could eliminate hunger and malnutrition and help insure a healthful future for all our children.



HISTORY

The following legislative history will help you to understand the evolution of the various nutrition programs.

LUNCH

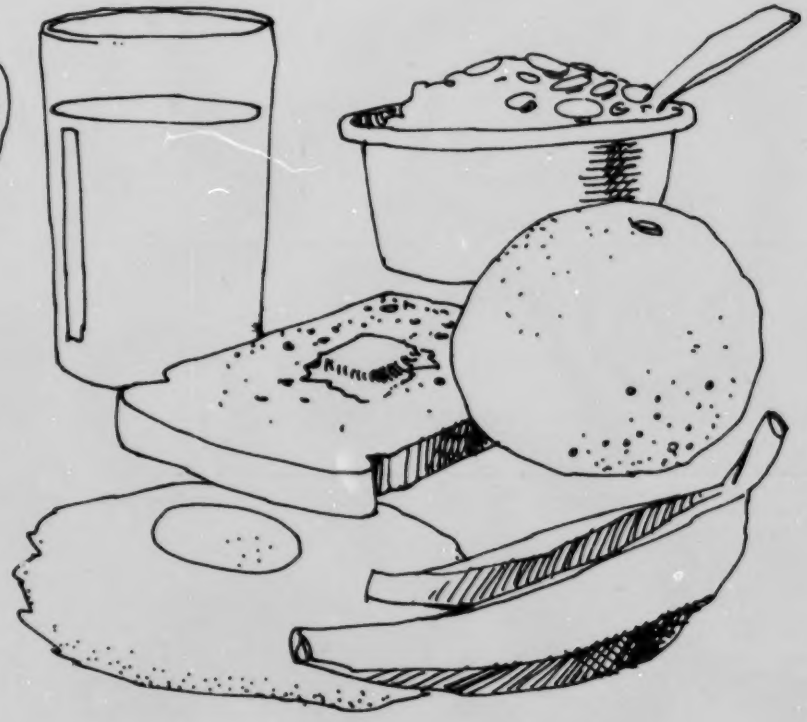


The National School Lunch Program was established in 1946 both to meet the nutritional needs of children and to "encourage the domestic consumption of nutritious agricultural commodities and other food..." (National School Lunch Act, 1946).

Since its beginning, the School Lunch Program has enjoyed broad support because it does allow schools to serve nutritious meals to children at little or no cost. This program also provides for the use of agricultural surpluses which supports farm production prices.

BREAKFAST

In 1966, Congressional testimony confirmed that millions of children were coming to school without an adequate morning meal. Many nutritionists pointed out that breakfast may be an even more important meal than lunch, since most of a child's learning is done in the morning. Therefore, Congress established with limited funding a small-scale version of the National School Breakfast Program aimed at the poorest school districts in the country.



CHILD CARE & SUMMER FOOD

Children need good nutrition all year round, regardless of whether or not they are in school. In recognition of this fact, Congress enacted a pilot project called the Special Food Service Program which embodied two different meal services: a summer food service for children not in school and a year-round meal service for children in day care centers.

As pilot projects, both components proved successful in reaching children from low income families and children whose mothers work.

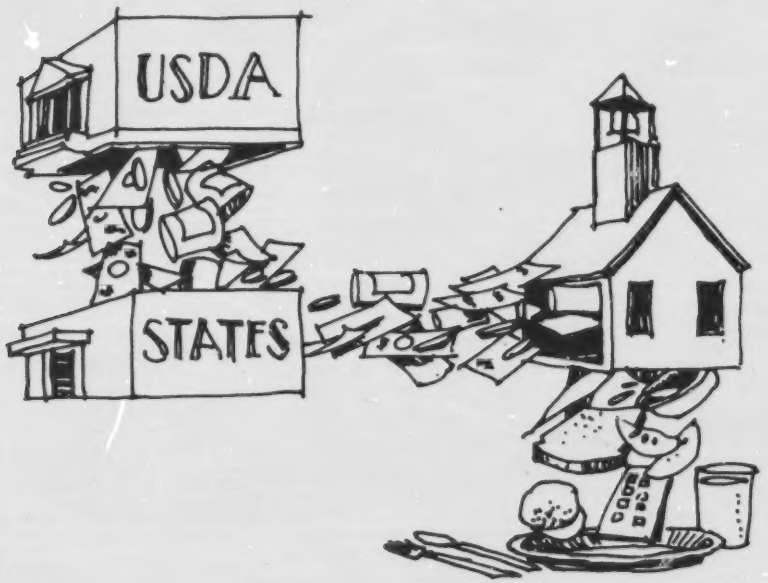
PUBLIC LAW 94-105

By 1975, the success and importance of these child nutrition programs so impresssed the Congress that Public Law 94-105 (the National School Lunch and Child Nutrition Act of 1975) was adopted.

Under this Act, the National School Breakfast Program became an entitlement program, meaning that sufficient funds would be made available to expand the program to reach all children. No longer would school districts have to compete for limited breakfast funds.

Public Law 94-105 also split the Special Food Service Program into separate parts, the Summer Food Service Program for Children and the Child Care Food Program. Each of these is an entitlement program so that all eligible sponsors can obtain funds to feed children.

The four child nutrition programs of PL 94-105 -- the School Lunch and Breakfast Program, the Summer Food Program, and the Child Care Food Program -- are administered at a federal level by the United States Department of Agriculture. The USDA disburses funds and commodities to the states, writes regulations about the implementation and operation of the programs, and provides assistance to state education agencies through regional USDA Food and Nutrition Service Offices. In most states, the state education agency administers the programs.

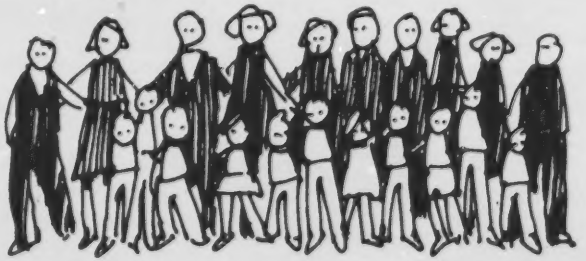


Through these federal child nutrition programs children can be fed year-round wherever they are: in schools, in child care centers, family day care homes, residential institutions, health facilities, summer camps and recreational sites.

Yet, despite the existence of these programs, malnutrition among children is still a problem. The Breakfast Program has been implemented in only a small percentage of the nation's schools. The Child Care Food Program and the Summer Food Program are not widely known.

Because federally funded child nutrition programs are not being fully utilized, millions of children are being denied the meals to which they have a right.

Advocates for the nutritional rights of children are urgently needed to organize in their communities and help "safeguard the health and well-being" of their children.



NATIONAL SCHOOL LUNCH PROGRAM

OUR
NATIONAL MYTH
IS THAT WE
LOVE CHILDREN...
...YET
WE ARE
STARVING THOUSANDS

WALTER MONDALE

Feeding children lunch at schools has become a widely accepted practice throughout the country. Yet not all states mandate the program and there are still schools that do not participate in the lunch program

WHO CAN PARTICIPATE?

USDA must provide funds to any public school district or private non-profit school that wishes to participate. Once the school board decides to adopt the program, funds are made available immediately. Residential institutions which are licensed to care for children who are mentally or physically handicapped are also eligible to participate.

Once the school decides to participate, all children are eligible.

WHAT KINDS OF FOOD MUST BE SERVED?

The "Type A" meal requirements for lunch are:

A total of:

-- ½ pint of fluid whole milk

-- 2 ounce serving of meat, poultry, fish, or cheese; or one egg; or ½ cup of cooked beans or peas; or 4 tablespoons of peanut butter

A total of:

-- 3/4 cup serving made up of two or more vegetables or fruits

-- 1 slice of whole-grain or enriched bread; or cornbread, rolls, biscuits, muffins, tortillas or other whole-grain or enriched flour product

WHAT KINDS OF REIMBURSEMENTS ARE AVAILABLE?

The cost of lunch is either paid entirely by federal funds or shared by USDA and the child's family. (In some states additional state funds are available.) The amount of the child's payment is determined by the financial status of the family. Any child whose family income falls below 125% of the government-determined poverty line qualifies for free meals. A child whose family income falls between 125% and 195% of the poverty line qualifies for a reduced price meal. All other children pay the full price of the meal (although even these "paid meals" are partially subsidized to cover overall operating expenses).

NO DISCRIMINATION

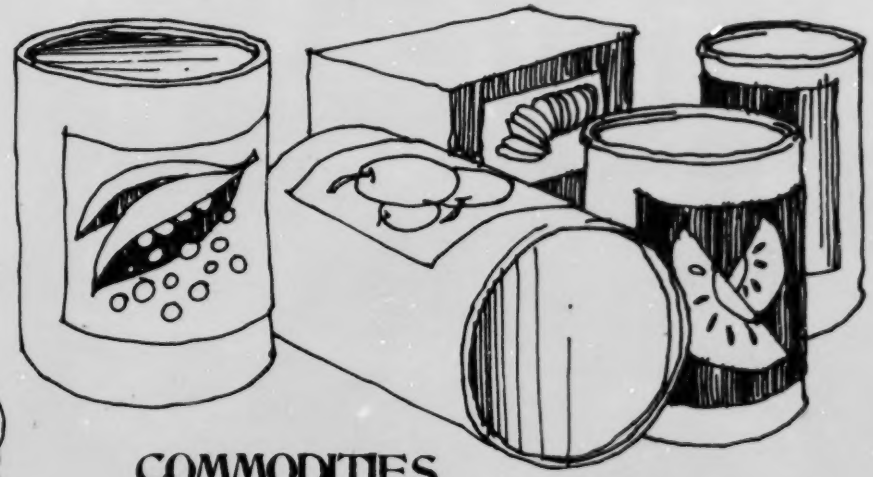
A key aspect of PL 94-105 specifies that children who receive free or reduced price meals can in no way be treated differently than children who pay the full price of a meal. No overt identification of children receiving free or reduced price meals is permitted. (For eligibility guidelines, see Appendix I.)

REIMBURSEMENT RATES

As of January 1979, USDA lunch reimbursement rates are:

free meals:	87.25¢
reduced price meals:	77.25¢
paid meals:	15.75¢

These rates are adjusted every six months to reflect increases in the cost of living. The money is used by school districts not only to pay for food but for the cost of labor, transportation, necessary supplies and administrative expenses.



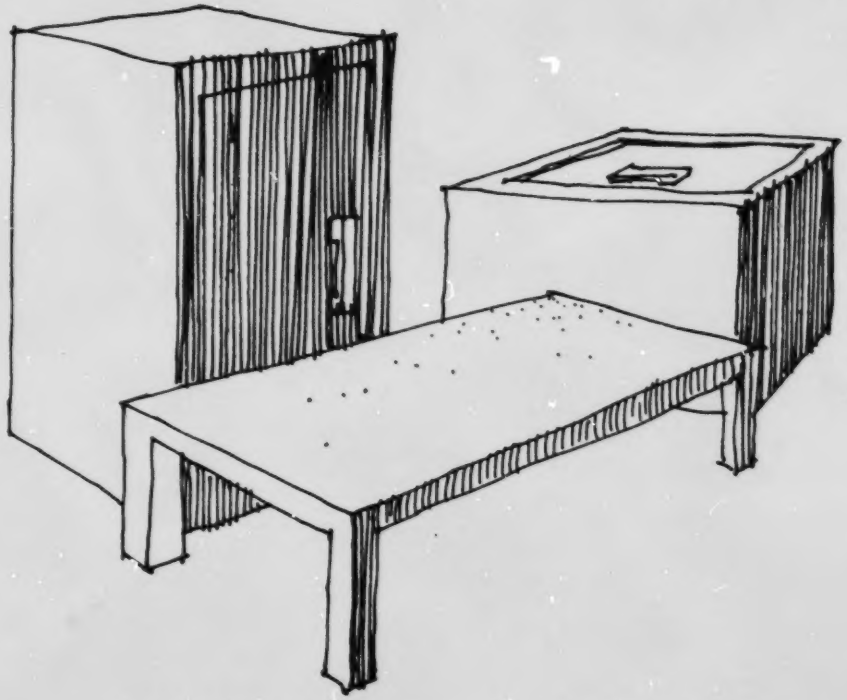
COMMODITIES

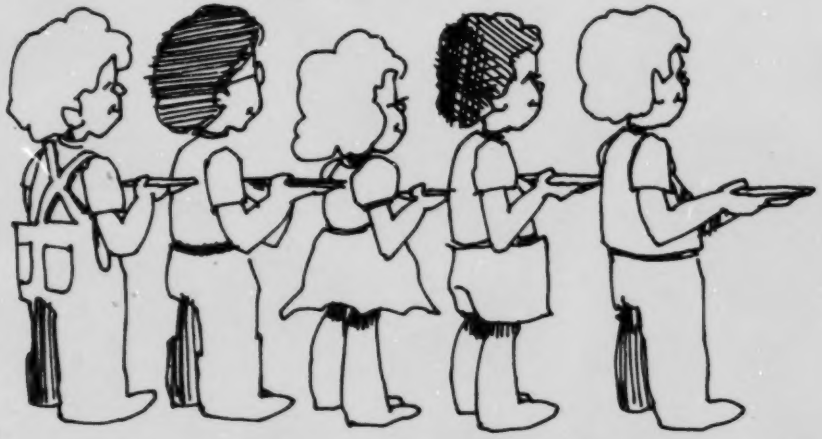
In addition to federal reimbursements, USDA supplies schools with commodities worth approximately 13.75¢ per lunch served. If commodities are in short supply, the state agency may choose to provide "cash-in-lieu-of-commodities."

NON-FOOD ASSISTANCE

Federal funds can be acquired through the state education agency to purchase equipment to receive, store, prepare, transport or distribute food in connection with the School Lunch Program. Non-food assistance money may not be used to acquire or construct buildings.

Unlike the operating funds, however, these non-food assistance funds are limited and thus allocated by competitive application. Priority is given to schools which have not yet participated in child nutrition programs and lack the equipment to do so. Upgrade money is available to current participants for expansion and improvement; it is offered on a 75% matching basis, requiring 25% of the necessary purchase cost to be locally generated. In special cases, if the school is deemed "especially needy," up to 100% of the purchase cost can be granted. Each state must determine its own criteria for "especially needy" status.





WHERE DO WE APPLY FOR THE PROGRAMS?

For National School Lunch Program, commodities, and non-food assistance applications, public schools should contact the Food Service Division of the state education agency. Private non-profit schools and institutions are often administered by the state education agency, but several states do not permit the state agency to assist other than public schools. In those states, the National School Lunch Program for private schools is operated by the USDA Food and Nutrition Service Regional Office.

RIGHTS WITHOUT SERVICES ARE MEANINGLESS JUDGE JUSTINE POLIER

PLANNING FOR PROGRAM QUALITY "CUSTOMER" SATISFACTION

"School is the first great encounter of the child with society. It represents to him society, and what it stands for. While the middle class child can at least accept to some degree that the teacher's teaching is a giving of knowledge to him, for the deprived child all the teacher does seems to be making demands on him. Thus it is even more important that we convince such children from the moment they come into contact with society, that society both gives and demands, and gives first, before it demands. And there is no more obvious giving to the child than the giving of food. But a giving from which one excludes oneself, a meal that is given but not shared, is in many ways a condescending giving and hence degrading."

(Dr. Bruno Bettelheim, Food to Nurture the Mind)

It is important to remember that even the best organized program can't succeed if the children aren't satisfied with it.

Several ideas to help insure that children will want to eat the meals provided for them are:

- student tasting committees to sample proposed menu items
- menu selections which cater to children's taste and ethnic background
- choices to be offered so that children do not waste foods they don't like
- service style which respects the children as individuals
- teacher involvement in the food service program because when teachers eat with students, it reassures the children that their food is good for everyone*
- using school food service facilities for special occasions, expecially involving parents, for good public relations

THE NATIONAL SCHOOL BREAKFAST PROGRAM

"Widespread hunger in the morning severely affects the health and education of America's school children. Many educators and administrators have learned that food, in the form of breakfast, is a pivotal step in the educational process, a step so vital that all other steps may be futile without it."

"If We Had Ham..." Food Research Action Center, 1972

The National School Breakfast Program was designed to respond to the discovery that millions of children in America come to school each day without an adequate morning meal.

Poverty may be one reason for a missed breakfast, yet the problem affects children from all income levels. Because of rising food costs, rushed mornings for working parents, long bus rides and many other reasons, children are coming to school hungry.

Empty stomachs make children restless, irritable and unable to concentrate. Therefore, they are less able to learn.

25

According to the USDA, research has shown that a breakfast program can benefit children by:

1. Reducing tardiness, absenteeism, and drop-out rate
2. Increasing attentiveness
3. Improving classroom performance
4. Reducing health care problems
5. Developing good nutritional habits

WHO CAN PARTICIPATE?

As in the School Lunch Program any child enrolled in kindergarten through high school is eligible. This, again, includes licensed residential institutions such as homes for the mentally or physically handicapped.

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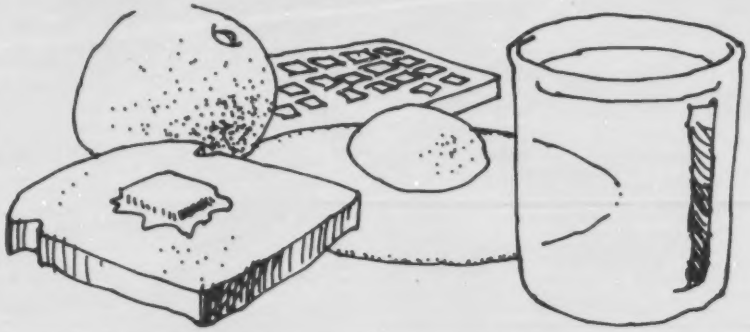
WHAT KINDS OF MEALS MUST BE SERVED?

The "Type A" meal requirements for breakfast, as set by USDA, are:



½ pint of fluid whole milk;
½ cup of fruit or full strength fruit or vegetable juice;
1 slice of whole-grain or enriched bread; or
equivalent serving of cornbread, biscuits, rolls or muffins; or
3/4 cup serving of cereal, pancakes or waffles; and
as often as possible, protein-rich food such as one egg, a one ounce serving of meat, poultry, fish, cheese, or two tablespoons of peanut butter.

WHAT KINDS OF REIMBURSEMENTS ARE AVAILABLE?

Like the Lunch Program, the cost of the breakfast is either paid entirely by federal funds or shared by USDA and the child's family. (In some states, additional state funds are available.) The amount of the child's payment is determined by the financial status of the family. Any child whose family income lies below 125% of the government-determined poverty line qualifies for free meals. A child whose family income lies between 125% and 195% of the poverty line qualifies for reduced price meals. All other children pay the full price of the meal (although even these "paid meals" are partially subsidized to cover overall operating expenses).

NO DISCRIMINATION

A key aspect of PL 94-105 specifies that children who receive free or reduced price meals can in no way be treated differently than children who pay the full price of a meal. No overt identification of children receiving free or reduced price meals is permitted. (For eligibility guidelines, see Appendix I.)

REIMBURSEMENT RATES

The federal reimbursement rates for the School Breakfast Program are as follows:

Free	-- 44.50¢
Reduced	-- 36.50¢
Paid	-- 12.75¢

These are adjusted every six months to reflect increases in the cost of living.

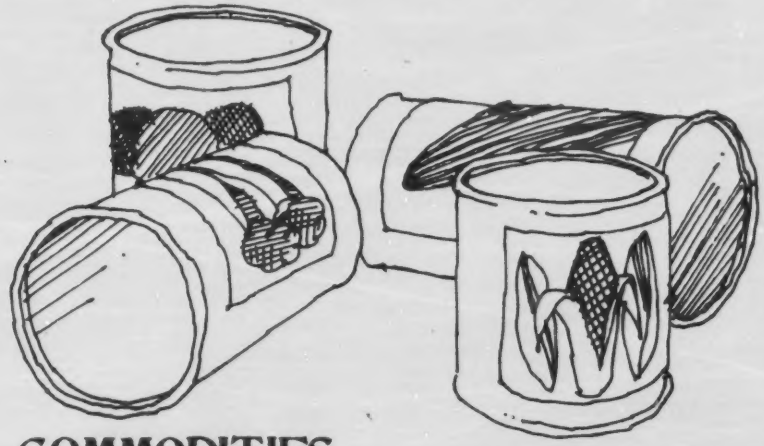
ESPECIALLY NEEDY

If a particular school is designated "especially needy," according to criteria established by the state, that school will qualify for a higher level of federal reimbursement for the Breakfast Program.

The "especially needy" reimbursement is:

Free	-- 54.50¢
Reduced	-- 49.50¢
Paid	-- 12.75¢

The extra money in the "especially needy" program is primarily intended to serve as an incentive to districts with significant numbers of needy children.



COMMODITIES

It is not widely known that commodities are available to the School Breakfast Programs at a rate of 3¢ per breakfast served. They are available, in addition to the federal cash reimbursements, but they must be applied for separately.

NON-FOOD ASSISTANCE

Federal funds can be procured through the state education agency to purchase equipment needed to receive, store, prepare, transport or distribute food in connection with the School Breakfast Program.

However, since these non-food assistance funds are limited, they are allocated by competitive application with priority to schools which have not yet participated in any child nutrition programs and lack the equipment to do so.

Some "upgrade" money is available to schools which participate in the Lunch Program but need additional equipment to undertake the Breakfast Program. Such funds are usually available on a 75% matching basis requiring 25% of the necessary purchase cost to be locally generated. In special cases, if the school is deemed "especially needy," up to 100% of the purchase cost can be granted. Each state determines its own criteria for "especially needy" funding for non-food assistance.

WHAT ARE THE REQUIREMENTS FOR PARTICIPATION?

The USDA must provide funds to any school district that wishes to participate. Once the school board decides to adopt the program, funds are immediately made available.

Schools must publicize the availability of the program. This outreach is an advantage not only to the children but to the schools, since the more children that participate the more cost effective the program will be.

1 PERSUADE THE LOCAL SCHOOL BOARD

Usually, for the School Breakfast Program to be adopted, a majority of the local school board must vote in favor of it.

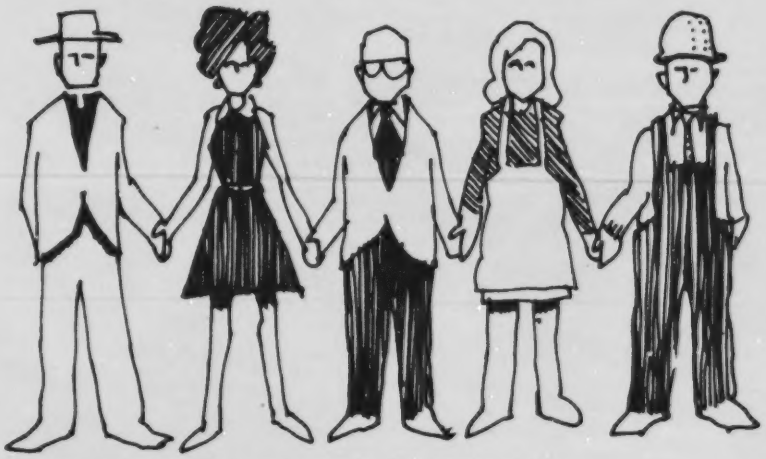
Each school board is different and responds to different pressures. When a great deal of parent and community support is shown for the breakfast program, the board is most likely to vote its approval. In most cases, the recommendation of the superintendent is very important, since the board will be hesitant to oppose his recommendation.

2 FORM A COMMITTEE

Whether you call it the "school breakfast committee" or the "child nutrition council," you will need to form a nucleus of people committed to work hard for a few months to get the breakfast program adopted. The committee should decide the strategy and assign tasks so that when the time comes for the school board to vote, the strongest possible support will be evident.

3 VISIT THE SUPERINTENDENT

It is an essential step and a courtesy to visit the school superintendent and let him know of your interest in the Breakfast Program. He is likely to offer some objections, but it is possible to get strong support from the school administration. At the very least, you will get important information about what kinds of specific local problems will need to be resolved in the planning process.



4 BUILD A COALITION

Many groups in the community should be approached and asked for support of the Breakfast Program before going to the school board. Some of these are:

- Parent Advisory Committees
- Community Action Agencies
- Civic groups
- Labor unions
- Churches
- Head Start or other programs that serve the children

Make a list of all the people and organizations that are likely to be in favor of feeding children and then decide on an appropriate committee member to go to talk to them.

5 USE THE MEDIA

Media coverage can be useful in helping to create community awareness and acceptance of the breakfast program. Your breakfast committee should meet and form friendly ties with radio and television personnel (general managers, public service directors, public affairs directors, newscasters) as well as newspaper editors and reporters. These ties are the basis of media coverage.

Because radio and television stations are licensed to operate "in the public interest," you have a right to free air time. Your community representatives can appear on public affairs programs, and you can write and distribute your own public service announcements. (PSA's are available from Children's Rights Group.) If your community is bilingual, be sure your broadcasting is, also.

6 OFFER A RESOLUTION

One way to involve many potential allies, without asking them to attend many meetings, is for representatives of the school breakfast committee to go to other community meetings with a resolution in support of the School Breakfast Program. In just ten or twenty minutes, the Breakfast Program can be explained and discussed and a vote taken. A bundle of such resolutions signed by various organizations and individuals is likely to be very persuasive to the school board.

7 TALK TO BOARD MEMBERS

When all possible community support has been mobilized, then board members should be approached individually. At least one member of the board should be asked to sponsor a resolution to be adopted by the whole board to begin a School Breakfast Program. This may be the committee's resolution or a different one. Often a supportive board member will prefer to write his/her own resolution.

The supportive board member(s) and/or the committee will need to decide when the appropriate time has arrived to calendar the School Breakfast Program on the school board's agenda.

8 ALERT THE MEDIA

Send out a press release along with background information on the Breakfast Program to newspapers and radio and television stations a week before the school board meeting is to be held. Call them again a day or two before the meeting. Involving the news media helps to establish the Breakfast Program as an issue of importance to the community.

9 MAKE A STRONG PRESENTATION

The community's presentation to the board should include:

- Why the Breakfast Program is good for school children
- How the program works
- Why the program is important for this particular district
- How strong is the community support for the Breakfast Program

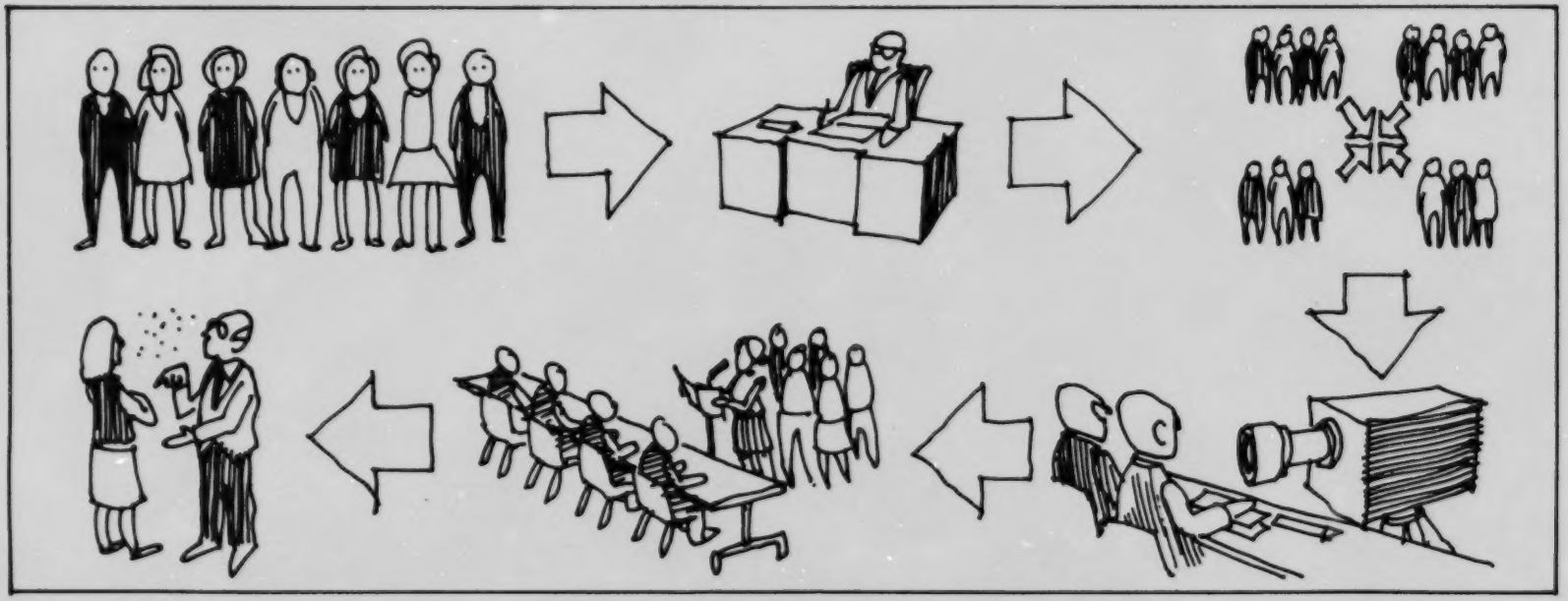
The school board may vote to apply for the program in all schools; it may request a formal feasibility study before making a decision; or it may choose to implement the program in one or two schools as a pilot project.

If the board wants a feasibility study or a poll of the parents, the committee may volunteer to assist.

If many of the program's supporters are non-English speaking, be sure that all the board's proceedings are translated.

Usually it will take at least two board meetings before a decision is made, although board members often decide early on which way they will vote.

Once a Breakfast Program is begun, experience shows that even those who were resistant will come to support its continuation and expansion.



MANKIND OWES TO THE CHILD THE BEST IT HAS TO GIVE.

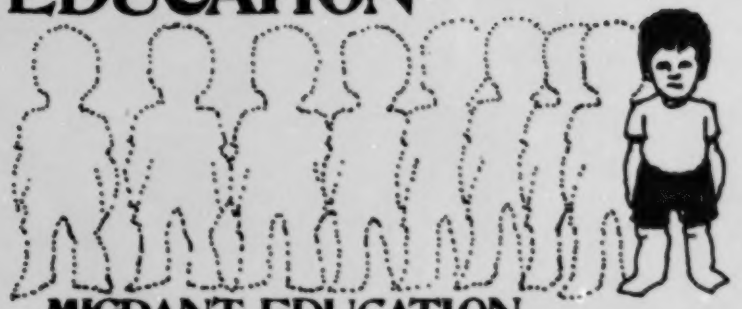
UNITED NATIONS DECLARATION ON THE RIGHTS OF THE CHILD

MIGRANT CHILDREN & EDUCATION

There are over 680,000 children of migrant agricultural workers who attend America's public schools each year. For these children basic survival needs are so overwhelming that it is virtually impossible to speak of educational goals without first dealing with the poverty in which they live and the malnutrition which robs them of health and energy.

SPECIAL NEEDS

- The average yearly income of migrant families is below $4,000.
- Average family size includes five or six children.
- Migrant families spend an average of 50% of their income on food compared to the national average of 19.7%.
- Among migrant families 42% commonly have a beverage-only breakfast.
- 50% of rural migrant infants and children have below-acceptable levels of hemoglobin; 88% show evidence of iron deficiency.
- Health deficiencies, including anemia, severe dental problems, visual problems, and other preventable diseases and disabilities, go undiagnosed and untreated due to lack of available health care.



MIGRANT EDUCATION

The Congress of the United States, in an effort to make the educational system more responsive to the massive special needs of migrant children, authorized funding for Migrant Education under Title I of the Elementary and Secondary Education Act. Nationally, the Migrant Education budget for the coming fiscal year is over $170 million.

The Title I Migrant Education Program requires the states to devise a program specifically and solely to meet the educational and support service needs of migrant children. Migrant Education funds must be used in addition to, not in place of, normal educational funding.

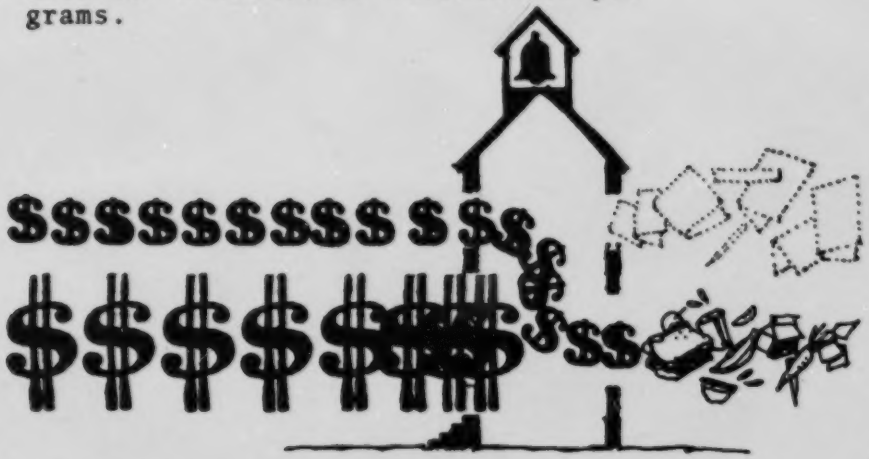
NUTRITION MANDATE

Federal guidelines define eleven fundamental elements of every Migrant Education Program. These include a provision for the migrant child's physical and mental well-being including dental, medical, nutritional and psychological services.

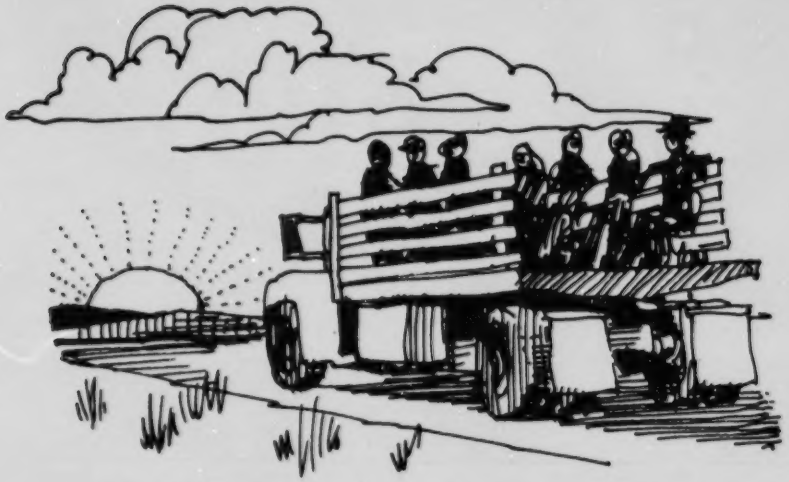
Each state must indicate in its State Plan for Migrant Education the manner in which it will meet the nutritional needs of migrant students.

USING MIGRANT EDUCATION FUNDS IN PLACE OF CHILD NUTRITION FUNDS

Any school district may apply for and receive federal funds from the U.S. Department of Agriculture for the purpose of providing nutritious meals to needy students. It is a waste of limited Migrant Education monies to use them on child nutrition when funds for that purpose are available through the School Lunch, Breakfast, Summer and Child Care Food Programs. Under the Child Nutrition Act (PL 94-105) migrant children could be receiving breakfast and lunch in the schools as well as several meals a day during the summer. Limited Title I Migrant Education funds could then be used for much needed educational programs.



Breakfast at school is particularly important for migrant children because their parents are likely to have left home to work in the fields as early as 5:00 in the morning. Both early work schedules and low income make it difficult for migrant parents to provide a morning meal for their children.



During the summer months, many migrant children attend summer school sessions designed to help them catch up with other children whose education is less fragmented. If they come to school hungry, they won't be able to concentrate on their studies and their schooling may therefore be wasted. Yet, during those crucial summer months, many schools shut down their kitchens. Others merely serve "snacks" for migrant youngsters using Migrant Education funds.

In most rural areas, both the National School Breakfast Program and the Summer Food Program are greatly under-utilized. Therefore, migrant children, whose need is the greatest, have been denied the benefits of these programs.

It is certain that the continued failure of school districts to make use of available nutrition funds must lead to either malnourished migrant children or a needless competition between money for food and money for education. If each of the child nutrition programs were fully implemented, migrant children would be both better nourished and better educated.

SUMMER FOOD PROGRAM

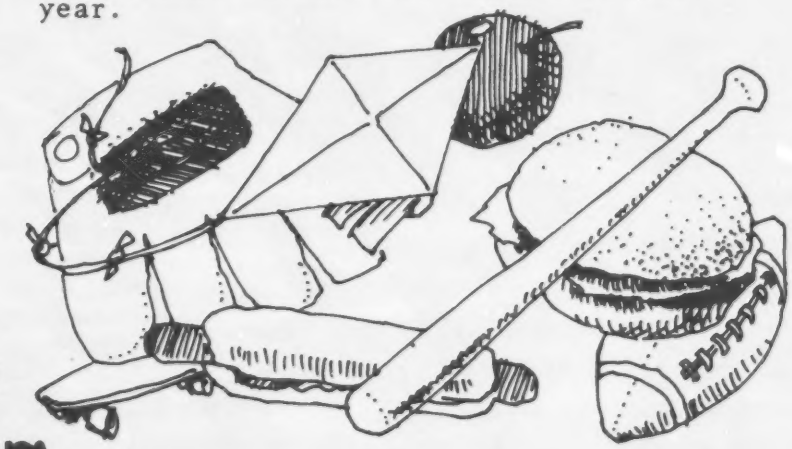
The Summer Food Program (SFP) was created by Congress in recognition of the fact that children need good nutrition all year round, not just when they are in school. This program differs from the school nutrition programs in that once the site has been approved all children are eligible for free meals. *

WHO CAN PARTICIPATE?

Any public or private non-profit agency can sponsor the program. This includes school districts, recreation centers, summer camps, churches and other community groups.

SITES

The sponsor may serve meals at one or several sites. Each site must meet state and/or local health and sanitation standards. The sponsor must document that each site serves an area in which poor economic conditions exist, that is, where one-third of the children are eligible for free or reduced price school meals during the regular school year.



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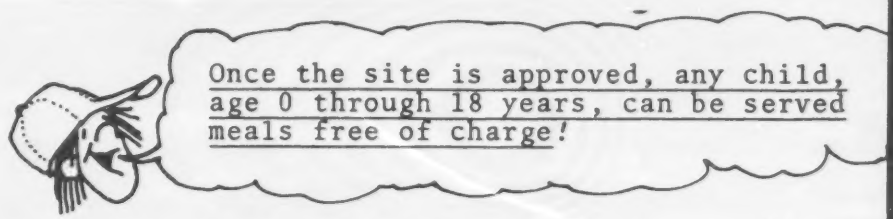
The simplest way to document site eligibility is to obtain school district records showing the percentage of free and reduced price meals served at the nearest school under the National School Lunch Program. Sometimes, however, in order to reach the neediest children it will be necessary to define the geographical area to be served by the site as smaller or larger than the school attendance zone. Then census tract data or statistics from the local welfare, housing or other governmental agency source may be used to document that one-third of the children come from families earning less than 195% of the poverty line.



As a matter of practically, though, special menu plans must be approved before infants can be fed. Also physcially or mentally handicapped people of any age may participate in the Summer Food Program if they are enrolled in public or nonprofit private schools during the regular school year.

* SUMMER CAMPS

In residential summer camps, only those children who are eligible to receive free or reduced-price meals during the school year may participate in the Summer Food Program. Family income documentation proving their eligibility must be obtained by the camp sponsor and kept on file.

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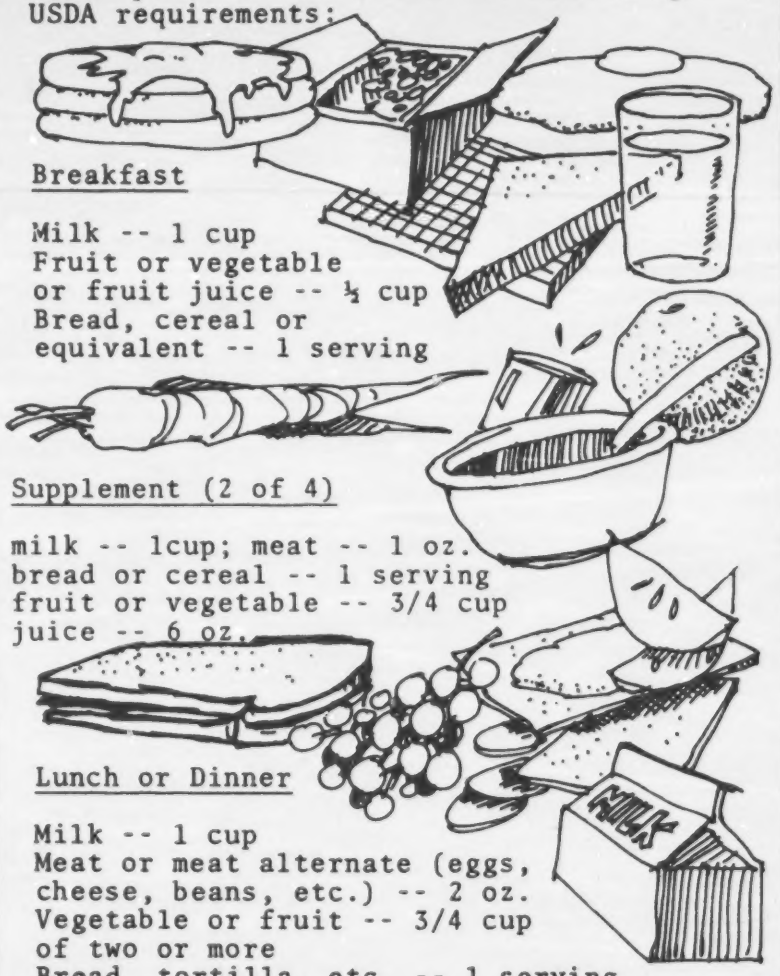
WHAT KINDS OF MEALS ARE SERVED?

Meals provided must meet the following USDA requirements:



Breakfast

Milk -- 1 cup
Fruit or vegetable or fruit juice -- ½ cup
Bread, cereal or equivalent -- 1 serving

Supplement (2 of 4)

milk -- 1cup; meat -- 1 oz.
bread or cereal -- 1 serving
fruit or vegetable -- 3/4 cup
juice -- 6 oz.

Lunch or Dinner

Milk -- 1 cup
Meat or meat alternate (eggs, cheese, beans, etc.) -- 2 oz.
Vegetable or fruit -- 3/4 cup of two or more
Bread, tortilla, etc. -- 1 serving

A program can be designed by the sponsor to include anywhere from one to three meals per day, of which at least one must be a snack. Summer camps may offer a total of four meals and snacks.

Meals can be prepared on-site, or transported from a nearby central kitchen (for instance, the kitchen belonging to a public school). When it is not feasible to have meals prepared in the community, a sponsor can contract with a vendor or caterer to have meals prepared and delivered. The state administering agencies and FNSRO keep lists of registered vendors whose business it is to provide pre-packaged meals at a controlled profit to neighborhood sponsors. Special rules govern the contracts between sponsors and vendors. (Refer to Federal Register of Tuesday, January 2, 1979.)

REIMBURSEMENTS

ADVANCE PAYMENTS TO SPONSORS

The Summer Food Program, like the other programs under the Child Nutrition Act, is based on reimbursement per meal served. However, there is a provision for advance payments to be made to sponsors on June 1, July 15 and August 15, if they request such advance payments in writing 30 days before each of these payment dates. This eases cash flow problems which might otherwise occur. The sponsor must be planning to serve meals at least ten days out of a month in order to be eligible for advance payments for that month.

Usually the state administering agency or Food and Nutrition Service Regional Office will have a check-off system whereby advance payments can be easily requested on the sponsor's application form. If not, then a special letter will need to be written.

START-UP FUNDS

The Child Nutrition Act permits states to offer small amounts of start-up funds to help sponsors pay for the necessary program planning before June 1. None of the western states, to our knowledge, now provide start-up funds.

REIMBURSEMENT RATES

USDA pays more money per meal for the Summer Food Program than for the year-round meal programs, because it is generally more expensive to operate a short-term program. Reimbursement rates are:

$1.10 for lunch or supper (of which 8¢ is for administrative cost)

61¢ for breakfast (of which 4.25¢ is for administrative cost)

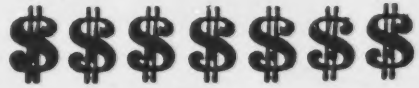
28.75¢ for morning or afternoon snack (of which 2¢ is for administrative cost)

OPERATING COSTS

The reimbursement is intended to pay for all costs incurred. Operational costs take the bulk of the funds. These include: 1) purchase of food, 2) preparing, distributing, transporting or handling of food, 3) wages for people directly involved with meal service, including site personnel, 4) other expenses directly related to the food program such as clean-up supplies, food service equipment, maintenance and charges for opening the building.

ADMINISTRATIVE COSTS

The smaller amount allotted to administrative cost can be used, 1) to pay wages of a director, assistant director, bookkeeper, monitor, area supervisor for the time spent on the Summer Food Program, 2) for a Certified Public Accountant if the sponsor receives over $50,000 in reimbursements, 3) for rental of office space and/or equipment, 4) for office supplies, and 5) for transportation reimbursement.



Also, rural sponsors or sponsors which prepare their own meals rather than contracting with a vendor can claim the following additional administrative cost: 1.75¢ for each lunch or dinner, 1¢ for each breakfast, and .75¢ for each snack served.

ECONOMY OF SCALE

As with the School Lunch and Breakfast Programs, the more children that are served, the more the "per meal" cost goes down. This "economy of scale" is especially apparent in the Summer Food Program. For example, one cook and one cook's helper can prepare a meal for 50 children or 300 children at one site.

The following table on economy of scale can be useful in planning and budgeting.

Reimbursements per number of meals served in Summer Food Program

Breakfast:

Meals/ Day	Operating Costs	Administration	Total Reimbursement	Total for Rural and Self-Preparation
1	$ .5675	$ .0425	$ .61	$ .62
50	28.375	2.125	30.5	31.
100	56.75	4.25	61.	62.
200	113.5	8.5	122.	124.
300	170.25	12.75	183.	186.
500	283.75	21.25	305.	310.
1,000	567.50	42.50	610.	620.

Lunch or Dinner:

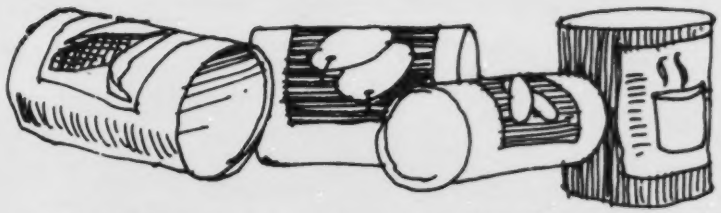
Meals/ Day	Operating Costs	Administration	Total Reimbursement	Total for Rural and Self-Preparation
1	$ 1.02	$ .08	$ 1.10	$ 1.1175
50	51.	4.	55.	55.875
100	102.	8.	110.	111.75
200	204.	16.	220.	223.50
300	306.	24.	330.	335.25
500	510.	40.	550.	558.75
1,000	1020.	80.	1100.	1117.50

Snack (am or pm):

Meals/ Day	Operating Costs	Administration	Total Reimbursement	Total for Rural and Self-Preparation
1	$ .2675	$ .02	$ .2875	$ .295
50	13.375	1.	14.375	14.75
100	26.75	2.	28.75	29.50
200	53.50	4.	57.50	59.00
300	80.25	6.	86.25	88.50
500	133.75	10.	143.75	147.50
1,000	267.50	20.	287.50	295.00

COMMODITIES

In addition to the federal reimbursements indicated above, commodities (surplus foods) are available upon application to school districts and other sponsors who prepare meals on-site. Commodities are allocated in quantities equivalent to a cash value of at least 1.5¢ per meal per child.



WHERE DO SPONSORS APPLY?

In most states, the Summer Food Program is run by the state education agency, and that is the office to contact. However, in some states it is administered by another agency of the state government or by the USDA Food and Nutrition Service Regional Office (FNSRO). To determine the correct name and address for the administering agency in your state, call the Children's Rights Group hot-line. Then call or write immediately for an application for your own agency or another in your community to become a sponsor.

TIMELINE

In order to operate a Summer Food Program, applications must be filed in accordance with a deadline set by each state agency or Food and Nutrition Service Regional Office (FNSRO). Applications must be processed within 30 days of the deadline date.

However, the regulations do provide for applications to be accepted and approved after the deadline "when the failure to do so would deny the program to an area in which poor economic conditions exist or a significant number of needy children will not have reasonable access to the program." (Federal Register, Volume 44, No. 1, Tuesday, January 2, 1979.)

Potential sponsors need to plan for their personnel to attend one of several training sessions to be offered by the state agencies or FNSRO. Participation in some form of training will be required before the sponsor may operate a program. The state trainers should provide detailed instructions on program management and operations.

RECREATION

While it may be preferable to have the Summer Food Program implemented as part of an organized summer recreational, educational or cultural program, there is no requirement that this be so. Congress considered this issue carefully and determined that the necessity of supplying nutrition to needy children, even if no other program were to be offered, outweighed any other consideration. Many communities have found the means to offer at least limited recreational activities to children who participate in the Summer Food Program by using personnel hired with funds from the Comprehensive Employment and Training Act and/or Neighborhood Youth Corps or similar youth employment programs.

HOW DO WE REACH THE CHILDREN?

Outreach to families and children is very important and is mandated by the program. One very effective way to reach people is to set up a county-wide hot-line, a telephone number where people can call to find out where the nearest summer feeding site is for their children. The hot-line number can be publicized through the newspaper and public service announcements on radio and television. Flyers can be sent home through the schools at the end of the term or hand delivered in the community. With a little planning, announcements can be mailed out by the county welfare department along with food stamps and/or welfare checks.

A WORD OF ENCOURAGEMENT

The Summer Food Program is a rewarding program to operate. It provides sponsors serving eligible areas the opportunity to provide high-quality nutritious meals to all children who need them. Except for residential camps, there is no eligibility verification required of individual participants. A daily meal count is sufficient documentation.

The Summer Food Program is flexible and can be designed to meet community needs. When properly planned, it can provide summer employment for both adults and youth. Finally, it brings back into the community tax dollars already paid to the federal government which would otherwise be spent elsewhere.

CHILD CARE FOOD PROGRAM

"From what we know about the physical and mental damage caused by an inadequate diet during early childhood, we may well conclude that an adequate lunch program for day care centers is even more essential than a lunch program in the schools. The terrible fact is...that for thousands of these children the only balanced meal they will receive is at a day care facility." (114 Congressional Record 5261, 1968)

WHO CAN PARTICIPATE?

Any child under 19 years of age who is enrolled in an eligible day care program can receive meals and snacks. Eligible sponsors include: day care centers, Head Start, recreation centers, and family day care homes. (*See "Umbrella Sponsorship", page 24.)

WHAT REQUIREMENTS MUST THEY MEET?

Programs must be licensed or approved and non-profit or applying for non-profit status.

LICENSING REQUIREMENTS

Child care programs must satisfy the county or state licensing standards or, in the absence of these standards, must meet the Federal Interagency Day Care Requirements (FIDCR).

Two groups are exempt from the licensing requirement: umbrella sponsors who do not directly provide child care services, and recreation programs.

However, recreation programs must have "organized activities" and fill out a separate form showing they meet certain health, space, and personnel requirements.

NON-PROFIT STATUS REQUIREMENTS

Programs must be non-profit and tax-exempt under Section 501(c)(3) of the Internal Revenue code or must be applying for such status. An applying program may participate in the Child Care Food Program for up to one year, pending the approval of their non-profit status.

Child care programs operated by public agencies are automatically eligible. Family day care homes, which are almost never incorporated as non-profit organizations in their own right, may qualify under the non-profit or public status of an umbrella sponsor.

WHAT KINDS OF MEALS MUST BE SERVED?

Child care programs can serve any or all of the following five meals or snacks: breakfast, morning snack, lunch, afternoon snack, and dinner.

Below are the minimum requirements issued by the United States Department of Agriculture (USDA) for nutritious meals. The amounts of various foods required depend on the age range of the children being served. Infants require different food elements. All of these standards are included in the application packet.

WHAT KINDS OF REIMBURSEMENTS ARE AVAILABLE?

The Child Care Food Program reimbursement structure is similar to the National School Lunch Program. The center is reimbursed according to the income eligibility of the children's families (free, reduced price, paid). However, unlike the School Lunch Program, children in the reduced price and paid categories do not actually pay for their meals. Generally, a center charges a flat rate for services which includes some food money but does not specify an amount.

Breakfast*
--milk
--fruit or vegetable juice
--bread, cornbread, biscuits, rolls, muffins or cereals

Snacks*
--milk, juice or fruit
--bread, cereal, cornbread, biscuits, rolls, muffins, crackers, or cookies

Lunch or Dinner*
--milk
--meat, poultry, fish, cheese, egg, cooked beans or peas, or peanut butter
--serving of two or more vegetables or fruit
--bread, cornbread, rolls, biscuits, or muffins

*All centers are encouraged to provide additional protein beyond the minimum standards whenever possible.

The cost of operating the meal service includes: 1)food costs, 2) labor costs for purchasing, preparation, service, and clean-up, and 3) administrative time spent in collecting the data and filling out the forms for the Child Care Food Program. Besides the "income eligibility" reimbursement, commodity monies are available for all children, as noted in the chart below.

FEDERAL (in cents)

	FREE	REDUCED	PAID
Breakfast	44.50¢	36.50¢	12.75¢
Lunch/Dinner	87.25¢	77.25¢	15.75¢
Snacks	26.00¢	19.75¢	06.50¢

Cash-in-lieu-of-commodities: 13.75¢

*In the past, centers were allowed government commodities, but there were problems with storage and shipping fees for small centers and homes. Now, an additional amount of money is given for each lunch and dinner in place of commodities. This applies to all children's lunches and dinners.

FUNDS FOR EQUIPMENT

Non-Food Assistance funds will pay for up to 75% of the cost of equipment used in cooking, warming, serving, eating and transporting food.

The other 25% must be provided by the center or by another funding source within the state.

If a center is deemed especially needy by the state, up to 100% of equipment costs can be provided. The amount of money allocated to a center for equipment is determined by the financial need of the center, the need of that program in relation to other applicants, and the monies available for that year.

UMBRELLA SPONSORSHIP: WHAT IS IT?

An Umbrella Sponsor is a public or private non-profit organization which assumes responsibility for running the Child Care Food Program in one or more day care centers and/or family day care homes. It is preferable that the Umbrella Sponsor be a child interest group; however, the Sponsor need not involve itself in the day-to-day affairs of the day care programs.

Examples of existing Umbrella Sponsors are:

Child Care Coordinating Councils
Day care associations
Day care centers
Churches
Welfare or Licensing Departments

WHAT ARE THE UMBRELLA SPONSOR'S RESPONSIBILITIES?

Each Umbrella Sponsor is responsible for the smooth operation and fiscal accountability of meal service in its participating homes and centers. The Sponsor will need to keep records of licenses, family income documentation, meal counts and menu plans from each site.

Umbrella Sponsors must regularly monitor participating sites to assure that the Type A meal requirements are being met.

Consolidated information from all the participating sites is filed by the Umbrella Sponsor in order to claim reimbursement.

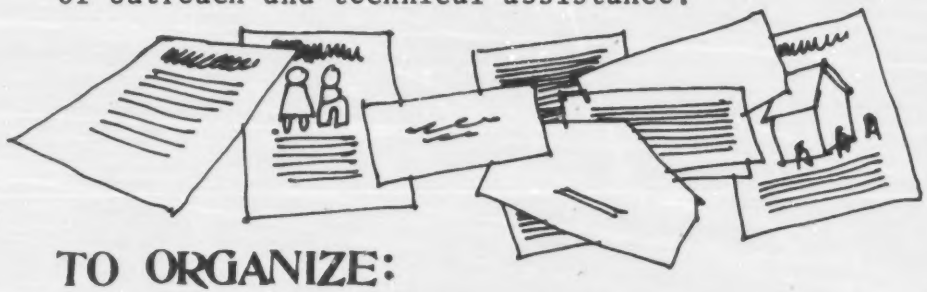
The Umbrella Sponsor then disburses the proper share of the money to each site, reserving a percentage to cover administrative costs. Usually, an Umbrella Sponsor needs about 15-20% of the reimbursements to cover costs in the beginning. As the program is expanded, this percentage goes down and stabilizes at around 12-15%. Some Umbrella Sponsors take next to nothing, returning almost 100% of the money to the providers.

HOW DO WE ORGANIZE?

The Child Care Food Program (CCFP) is a relatively easy program to organize for two important reasons:

First, there are no political obstacles to overcome such as those encountered in the school food programs.

Second, child care providers are legally required to provide meals to children, and participation in the CCFP provides much needed financial assistance. Consequently, organizing for the Child Care Food Program is primarily a job of outreach and technical assistance.



TO ORGANIZE:

1 Establish contact with the CCFP administration in your state. If you have a good rapport with one or more state administrators, you can utilize them as resources, and in addition provide the agency with recommendations on program policies, problems and solutions.

2 Identify those day care programs already participating in the CCFP. Contact your child nutrition administrator and ask for a list of participating CCFP sponsors. This is public information. These sponsors can assist potential new programs in applying for and operating the CCFP.

3 Identify the potential population. Lists of licensed day care facilities can be obtained through county or state licensing agencies, through State Departments of Human Services, Health, or Welfare, or through local child care information and referral services, 4-C's, or day care associations.

4 Plot the existing CCFP and potential day care programs on a map. You will then be able to identify clusters of programs that need to be reached. You also can locate the nearest CCFP participant who might help these new programs.

5 Develop community resources to help outreach efforts. There are many groups connected with day care who can publicize the CCFP. For example, train the local licensing staff and provide them with hand-out materials. They can pass on the CCFP information as they license new groups.

6 Hold workshops. Workshops bring the greatest number of people together. Workshops can also provide a framework for communication and cooperation between groups with common goals. Workshop participants can include day care centers, potential umbrella sponsors, licensing staff, nutritionists, health specialists, and state CCFP administrators. The combined knowledge of these various groups can contribute to an exciting interaction centered on the Child Care Food Program benefits.

7 Be a problem solver. Sponsors will need help in filling out their applications; reimbursements may be late; or other problems may arise. Use your contact person in the administering agency to help investigate and solve problems.

8 Keep in touch. The Child Nutrition Laws and USDA regulations change from time to time. Also, each state has the authority to implement its own rules and regulations. Be sure to get on USDA, State and Children's Rights Group mailing lists for these updates.

The Children's Rights Group is primarily funded by the Community Services Administration (CSA), the Rosenberg and Ford Foundations, the United States Department of Labor, through the San Francisco Mayor's Office of Employment and Training and San Francisco Department of Public Health. As a grant condition, CSA requires the publication of the following paragraph:

The material reported herein was developed pursuant to a grant from the Community Services Administration, Washington, D.C. 20506. The opinions expressed herein are those of the author and should not be construed as representing the opinions or policy of any agency of the United States Government.

APPENDICES

FREE AND REDUCED PRICE MEALS

Eligibility for free and reduced price meals is based on a self-certification application distributed to all families whose children are enrolled in participating schools and child care programs. (No such family income documentation is needed for the Summer Food Program.) Currently, the eligibility criteria are as follows:

Maximum Annual Income Levels to Qualify for Free and Reduce Price Meals

Effective until December 31, 1979

Family Size	Children from families earning up to this amount are eligible for free meal reimbursement	Children from families earning up to this amount are eligible for reduced-price meal reimbursement	Children from families earning these amounts are eligible for base subsidy reimbursement
1	$ 4,190	$ 6,530	Greater than $ 6,530
2	5,500	8,580	Greater than 8,580
3	6,810	10,630	Greater than 10,630
4	8,110	12,660	Greater than 12,660
5	9,310	14,530	Greater than 14,530
6	10,510	16,400	Greater than 16,400
7	11,600	18,100	Greater than 18,100
8	12,690	19,790	Greater than 19,790
9	13,680	21,330	Greater than 21,330
10	14,660	22,870	Greater than 22,870
11	15,640	24,390	Greater than 24,390
12	16,610	25,910	Greater than 25,910
Each Additional Family Member	970	1,520	1,520

*Any child whose parent becomes unemployed is eligible for free meals.

It should be noted that the reduced price category has been broadened by PL 94-105 and that approximately twice the number of children who are eligible for free meals are now eligible for reduced price meals.

RESOURCES

NATIONAL

Director of Child Nutrition
USDA
Food and Nutrition Service
Washington, D.C. 20250 Ave. SW
(202)447-8130

REGIONAL

USDA Western Region (IX)
Child Nutrition Programs Director
550 Kearny Street, Room 400
San Francisco, CA 94108
(415)556-4956

USDA West Central Region (VI)
Food and Nutrition Service
Room 5C30
1100 Commerce Street
Dallas, Texas 75242
(214)749-2391

NATIONAL SOURCES OF INFORMATION

Children's Foundation
Suite 1112
1038 Connecticut Avenue, NW
Washington, D.C. 20036
(202)296-4450

Children's Rights Group
693 Mission Street, Suite 500
San Francisco, CA 94105
(415)495-7283 or toll free:
800-652-1408 (from California)
800-227-3192 (all other states)

Community Nutrition Institute
1146 19th Street NW
Washington, D.C. 20036
(202)833-1730

Food Law Center
California Rural Legal Assistance
115 Sansome Street
San Francisco, CA 94104
(415)421-3405

Food Research and Action Center (FRAC)
2011 I Street, NW
Washington, D.C. 20006
(202)452-8250

National Association of Farmworker Organizations (NAFO)
1329 E Street NW, Suite 1145
Washington, D.C. 20004
(202)347-2407

National Child Nutrition Project
46 Bayard
New Brunswick, NJ 08901
(201)846-1161

Youth Law Center
693 Mission Street
San Francisco, CA 94105
(415)543-3307
(Call Collect)

CRG MATERIALS

We can provide one copy free per organization of each booklet and/or information packet. For more than one copy the prices will be as listed.

COST

1 HANDBOOK

"Every Child's Right To Food" .75

2 INFORMATION PACKETS

LUNCH & BREAKFAST 3.00

- FRAC's Guide to the National School Lunch and Breakfast Programs (updates by CRG attached)
- National School Lunch and Child Nutrition Act of 1975 (PL 94-105)
- Amendments of 1977 (PL 95-166)
- School Lunch Regulations
- School Breakfast Regulations
- Sample Feasibility Study
- Sample School Board Resolution
- Sample Press Release, and Public Service Announcement
- Sample Parent Questionnaire
- Poster and Leaflet

COST

SUMMER FOOD 3.00

Schools Out...Let's Eat
FRAC's Guide to Organizing a Summer Food Program (updates by CRG attached)

- Public Law 95-166
- Summer Food Program Regulations
- Sample Press Release and Public Service Announcement
- Sample Insert Notice for Use by Welfare Department
- Poster and Leaflet

CHILD CARE 3.00

- Children's Rights Group Child Care Food Program Guide
- "Open an Umbrella for the Family Day Care Food Program" A Sponsor's Handbook for the Program Management by The Children's Foundation
- Public Law 94-105
- Child Care Food Program Regulations

3 SLIDE SHOWS

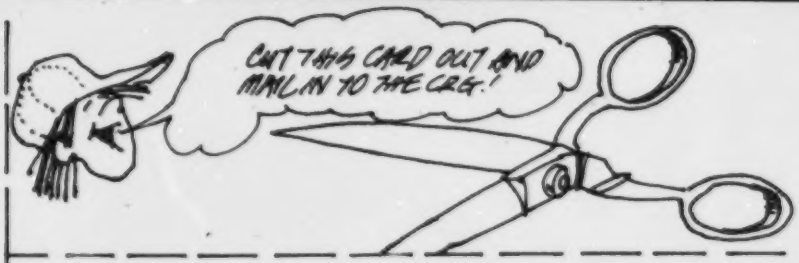
Children's Rights Group Slide Show on: 25.00 each

- National School Breakfast Program
- Summer Food Program
- Child Care Food Program

UPDATE UPDATE

Since reimbursement rates change every six months, we've designed this booklet so that updated information can be inserted. These updates, as well as other information on child nutrition programs will automatically be mailed to all registered workshop participants....

If you did not attend our workshop, we would like to send you a free copy of our booklet and also include you on our mailing list. Use the postcard on the right....



I was unable to attend your workshops.

Please send me one free copy of your booklet "Every Child's Right to Food."

Also include my name on your mailing list for updates and other information.

Name_____

Organization_____

Address_____

City_____ State_____ Zip_____

Telephone_____

Use this form for ordering any of our materials. Please fill out the back side also and address the envelope as indicated.

BOOKLET			
EVERY CHILD'S RIGHT TO FOOD	____ at	.75 ea =	_____
INFORMATION PACKETS			
NATIONAL SCHOOL BREAKFAST PROGRAM	____ at	$3.00 ea =	_____
SUMMER FOOD PROGRAM	____ at	$3.00 ea =	_____
CHILD CARE FOOD PROGRAM	____ at	$3.00 ea =	_____
CRG SLIDE SHOWS			
NATIONAL SCHOOL BREAKFAST PROGRAM	____ at	$25.00 ea =	_____
SUMMER FOOD PROGRAM	____ at	$25.00 ea =	_____
CHILD CARE FOOD PROGRAM	____ at	$25.00 ea =	_____
		TOTAL ENCLOSED:	_____

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First Class Permit
NO. 20777
SAN FRANCISCO, CA

BUSINESS REPLY MAIL
No Postage Stamp Necessary If Mailed in the United States

Postage will be paid by

children's rights group
693 MISSION STREET, SUITE 500
SAN FRANCISCO, CA 94105

The posters on the following three pages are samples of what we are able to produce for you. They are available in bulk quantities with your own logo. Call or write us for information and cost.

Please send the items indicated on the back of this card to the address listed below. Enclosed is a check for $_____.

Ship to:

Name_____

Address_____ City_____ State_____

Zip Code_____ Phone_____

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After you have indicated your order on the reverse side, cut out this form, enclose it and your check in an envelope and mail it to: Children's Rights Group, 693 Mission Street, Suite 500, San Francisco, CA 94105

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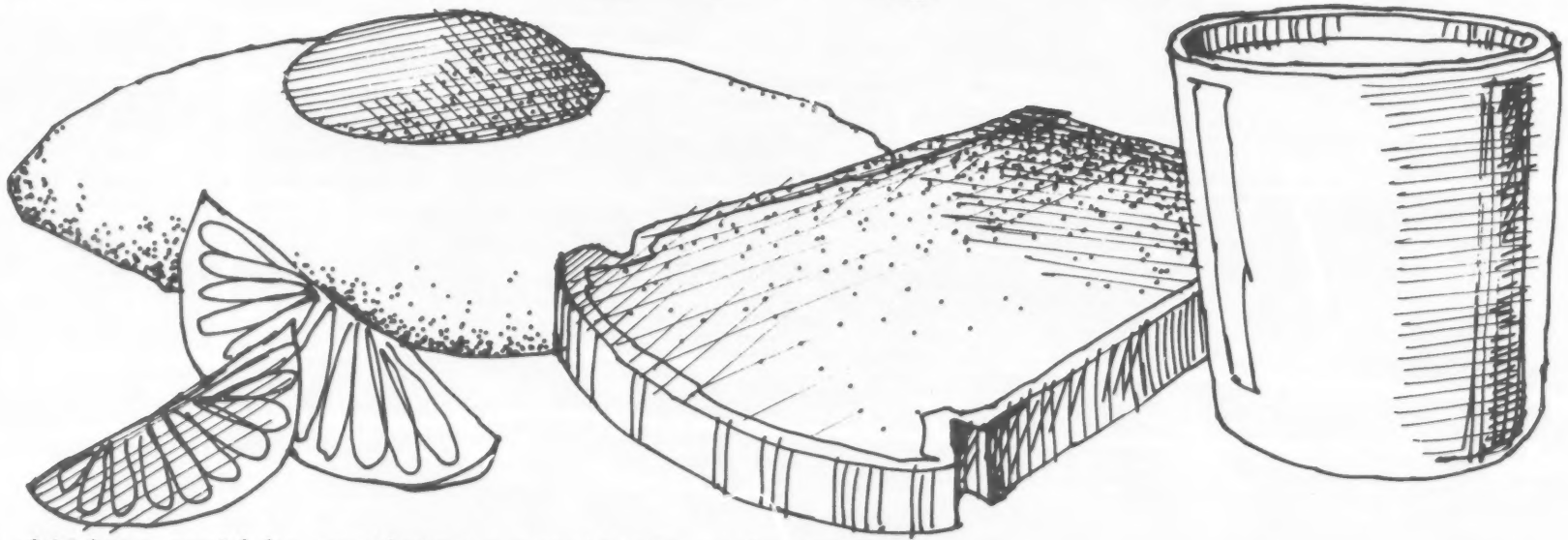
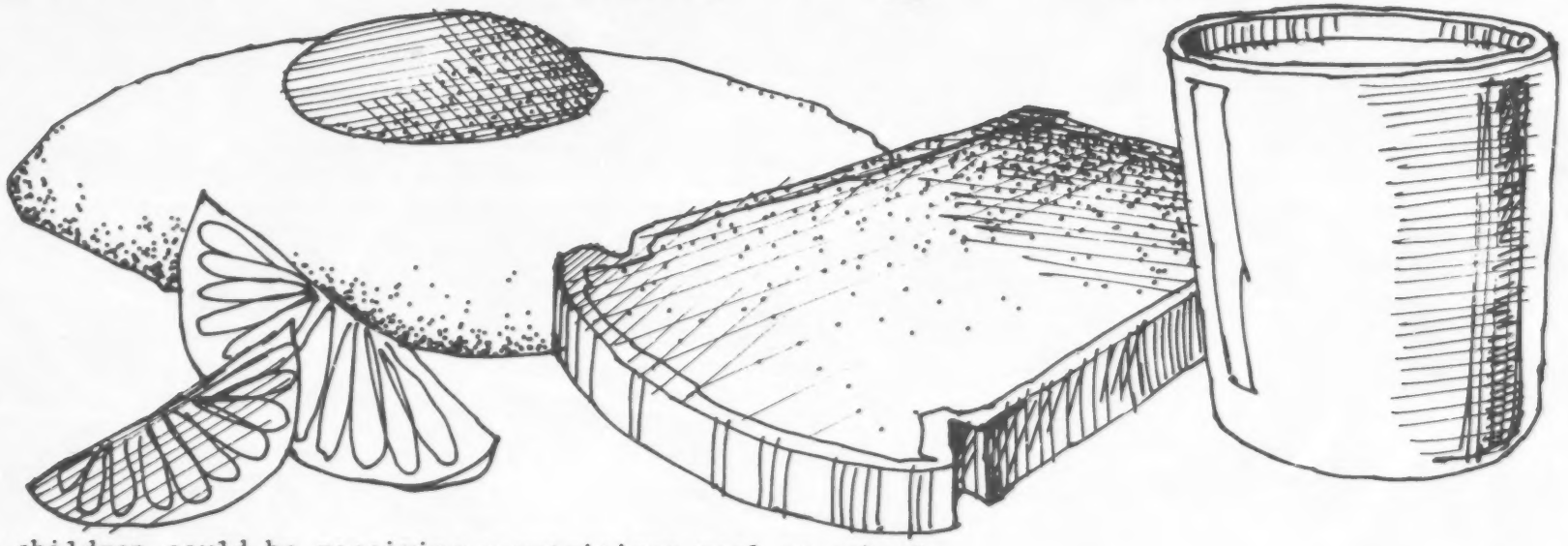
BREAKFAST IS SERVED.



Your children could be receiving a nutritious meal at school every morning at little or no cost.

To find out about the National School Breakfast Program, contact:

BREAKFAST IS SERVED.

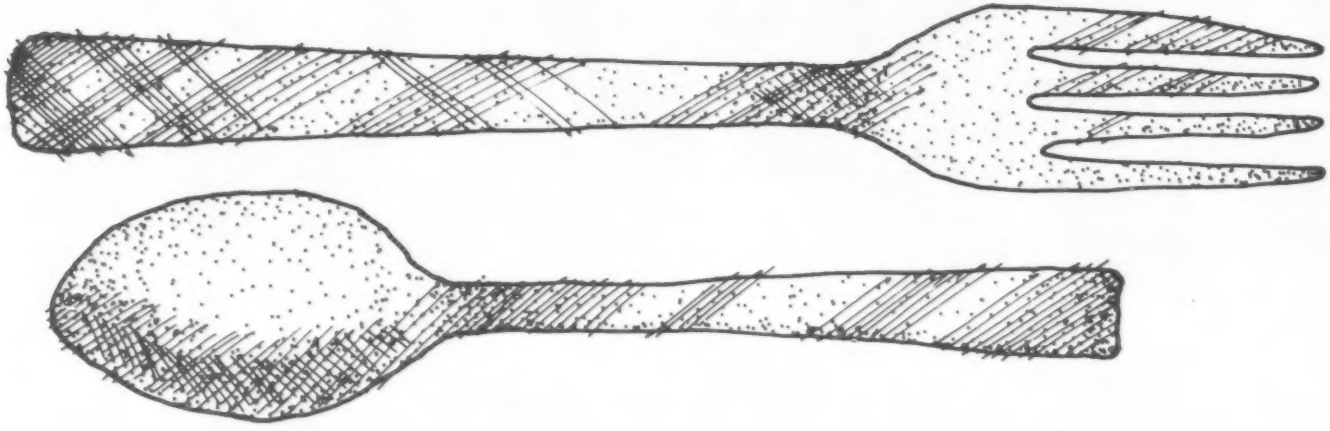


Your children could be receiving a nutritious meal at school every morning at little or no cost.

To find out about the National School Breakfast Program, contact:

Every child is eligible for free meals
through the Summer Food Service Program for Children.
To find the site nearest you, contact:

TOOLS FOR LEARNING.



Good nutrition is an important first step toward a good education. Your children are eligible for free or low cost meals through the National School Breakfast Program, the Summer Food Program and the Child Care Food Program.

For information, contact: